

# Hot Chicken Sandwiches

"Fast food" made at home.

Level: Medium

Serves 6

## Kids' Tool Kit

Mixing bowl  
Baking sheet  
Cutting board  
Knife  
Measuring cups  
Measuring spoons  
Rubber spatula



## Chef's Choice

Hot Chicken Sandwich  
Orange slices  
Green beans  
Milk



## Ingredients:

1 cup cooked, chopped chicken or turkey  
1 cup diced celery  
1/2 cup shredded cheddar cheese  
1 teaspoon minced dry onion  
1/2 cup lowfat salad dressing  
6 hamburger buns



## Directions:

**Remember to wash your hands!**

1. Preheat oven to 350 degrees.
2. Mix all filling ingredients together.
3. Divide evenly and spread on buns; place on baking sheet.
4. Bake for 12-15 minutes or until sandwich filling is hot and cheese melts. Cover buns with foil the last 5 minutes of baking if bread becomes too brown.



**Helpful Hints:** These sandwiches are a great way to use leftover chicken or turkey which is much less expensive than buying cans of chicken meat. The filling ingredients can be made ahead of time, then added to buns and baked at mealtime. You can also save money if you buy day-old buns for this recipe - you are going to "toast" the bread anyway. If you don't have hamburger buns, hot dog buns make a great skinny sandwich!



**Safety Tip:** If you have sandwiches left after the meal, remember to get those into the refrigerator just as soon as you are done eating. Keep leftovers where you will see them in the refrigerator and use within two or three days.

## Nutrition Facts

Serving Size 1 sandwich (115g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 240	Calories from Fat 80
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 3g	<b>16%</b>
<b>Cholesterol</b> 35mg	<b>11%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 1g	<b>6%</b>
Sugars 5g	
<b>Protein</b> 13g	

Vitamin A 4% • Vitamin C 2%  
Calcium 10% • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).